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issue 112, Nov 2017



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Dear Readers...

Welcome to the November issue; we are feeling very autumnal here with the forthcoming firework extravaganza at Bishop Road School and then the much looked forward to North Bristol Art Trail. You can read more about both these fabulous community events.

We also look ahead to Christmas - I know it seems far too early to some people to be mentioning it, but, we say, "'tis the season to be jolly" - and there are so many fantastic events taking place locally that will be sure to get you in the festive spirit! Details of seasonal fairs, street markets, carol services, wreath making workshops and tree sales are throughout the magazine. We are also pleased to bring you a pull-out Christmas Gift List on the centre pages; we hope this will inspire you to shop local

and take the headache out of deciding what to buy - there are ideas that should keep everyone happy!

This month it was great to join in the 20th birthday celebrations of Amnesty Book Shop; we hope you enjoy reading about their recent refurb - do pop in and see them on Gloucester Road soon.

I spent a wonderful afternoon enjoying theatrical performances at Brunel Field School this month, as well as a magical explore around the new Story Garden at Bishop Road Primary.

Your community magazine is jam-packed with updates from the numerous local groups that make Bishopston such a special place to live.

I hope you enjoy a good read!

Kerry x

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POETRY & SONG AT THE NORTH BRISTOL ART TRAIL

For the 6th year running, Venue 43 on the North Bristol Arts Trail will be presenting poetry readings and song over the weekend of 25-26 November.

This popular performance element of the Art Trail has widened its appeal and delighted those who enjoy live music and narration. This year there will be four performance strands at the venue over the two days of the Art Trail, with sound bath readings and a cappella singing on the Saturday afternoon, together with poetry and acoustic song after lunch on Sunday.

The full programme will be as follows:

Saturday 26 November

2.00-3.00pm – Gongs, percussion and Tibetan singing bowls with readings by: *'Elemental Resonance' ~ Chris Bowles and Marilyn Morris.*

4:00-5:00pm – *'Kettle of Fish'* a cappella group with their quirky, mellifluous and humorous songs: *Neil Bett, Adam Barber, John Drowley, Jorge Sved and Dave Yapp.*

Sunday 27 November

2.00-3.00pm – Witty and thought-provoking readings by four of Bristol's best poets: *Mary Crowder, Linda Ewles, Sarah Nymmanhall & Derek Stanley*

4:00-5:00pm – *Swithin* – Songs you may know and songs you may not... done differently: *Danny Hill, Pommy Harmer, Dee Jarlett and Judith Rieser.*



The ever-popular North Bristol Art Trail takes place over the weekend of 25-26 November this year, with a preview night on Friday 24, when you can relax with a mulled wine and chat to artists and friends.

This long-established trail offers an unhurried opportunity to buy original artwork – from paintings and prints to stone sculptures and jewellery – with a myriad of objects between. North Bristol Artists look forward to this weekend as an opportunity to show off the artwork they have been creating throughout the year. It's a perfect time of year to inspire people to buy original artwork and craft for loved ones. Trail-goers can enjoy visiting artists in their own homes and studios, while bumping into friends and soaking up the atmosphere of streets bustling with art lovers. Some of our artists are recognised at regional and national levels for their art, craft or design work, others are working on international commissions. For some of these ambitious, full-time



artists, the trail offers a network of like-minded people and also keeps them in contact with a public.

The skills of North Bristol Artists are wide and varied – from curating exhibitions, publishing books and starting new arts projects in education – to community support and public works. The North Bristol Art Trail is a time for every member to connect with the local community and share the wonderful wealth of art in the area.



Denise Lonsdale



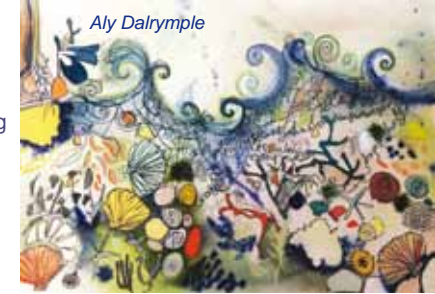
Nell Nile

Once you fall in love with a piece of art you can pay with cash, Bristol Pounds or old-fashioned cheques. Many artists are also set up to take card payments. There are even specially created NBA vouchers which can be purchased at Room 212. These beautiful vouchers are a great present to give to a friend or loved one to encourage them to buy from North Bristol Artists. They can be used all year round at Room 212 or by contacting artists directly.

The NBA website offers full details on every artist member, year-round, while the Artists Profiles, facebook and twitter will give you lots more exciting news of our projects and achievements.

This year the NBA have decided to cut down on paper by printing less trail maps. This means that there will be no door to door deliveries. However, plenty of venues in our area and around Bristol will have the maps for you to pick up.

www.northbristolartists.org.uk



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The North Bristol Artists PHOTO PORTRAIT PROJECT

For most enthusiastic supporters, or even for casual visitors, the annual North Bristol Art Trail is just a 'once a year' event that brightens those sometimes gloomy week-ends in late November. Only the participating artists and their friends and family know just how much work goes on throughout the year to make this magical and now legendary week-end happen and what other interesting projects are taking place that involve this diverse range of talented creatives.

In his latest project, photographer and long time North Bristol Artist (NBA), Paul Bullivant, is aiming to meet and photograph in portrait style all of the now more than 100 members. After 12 months he has met nearly one third of his target, photographing his fellow artists at home, in their studios, in their gardens and sometimes on the street. With an ever changing membership, this project is unlikely to be fully completed but Paul hopes that this archive, recording the work and personalities of his fellow artists, may one day become an exhibition and a book, perhaps celebrating the fast approaching 20th anniversary of the founding of 'the trail'.

Paul's first subject, NBA's Chair Mary Collett (pictured), is enthusiastic about the project:

"Paul's project is a unique record of an unusual and diverse range of talented people who contribute so much to the local community and to Bristol. Our trail, along with the many others that now take place across the city, is a part of what makes Bristol a



great city, buzzing with creative ideas, interesting events and exciting opportunities."



Happy 20th Anniversary Gasworks Choir!

This autumn, Gasworks Choir is 20 years old. In 1997, when Dee Jarlett and Ali Orbaum, both singers in Sweet Soul Sisters, tentatively placed an ad in Venue Magazine for people who'd like to sing harmony together – without accompaniment or the need to read music – they were astonished by the response. Around 100 people answered the ad and Bristol's first community choir sparked into life.

Soon, they were rehearsing in the Gasworks Studio, St Werburghs, and performing regularly at St George's, dressed distinctively in red and orange and delighting audiences with an eclectic repertoire of a cappella songs. Many songs were brilliantly arranged by Dee and Ali, such as Labi Siffre's anti-apartheid anthem Something Inside So Strong and Paul Simon's Bridge over Troubled Water, the latter sung recently in 2017 by 800 singers at Totally Thames Festival's 'Sing for Water'.

The choir's singers hail from various parts of Bristol, including Bishopston, Horfield, Henleaze, Ashley Down, St Werburghs, Redland and St Andrews. Bishopston resident Jorge Sved says that, "The choir leaders strike the perfect balance between professionalism and fun: we achieve a fantastic sound by the time we perform our songs in public without it feeling like hard work to get there."

At one point the choir was so popular that people had to wait six years to join! Thanks to the explosion of similar choirs in Bristol, the wait is not nearly so long. Gasworks Choir continues to refresh itself with new singers every year, creating a bright blend of voices and maintaining its unique reputation as one of the best community choirs in our thriving singing city.

In June 2017, led by Ali and her talented co-leader Jessica Samuel, the 160-strong choir performed al fresco at midsummer in St Andrews Park, and on Sunday 17 December they will be holding a special anniversary gala concert at St George's.

Caption for the image: Bishopston and St Andrews residents are among the singers in Gasworks Choir's 2010 rendition of Greased Lightnin' (from the movie Grease and arranged by Ali Orbaum) at St George's, Bristol.

**Are you recently separated or divorced?
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If you want to find out more about our mediation services, we're always happy to talk about the best way forward for you without obligation, so why not give us a **call on 0117 9243880** or visit our website **www.progressive-mediation.co.uk**

A local mum's exciting new adventure with Gymboree

This month it was great to catch up with Bishopston resident Abi Lethbridge, who, after 18 years as a primary school teacher, has embarked on a new career as the owner of Gymboree Play & Music Bristol. Abi told us, "Gymboree has played a huge, positive part in my two girls' childhood and now I am excited to join Gympo and his amazing team!"

Gymboree was the only class that Abi and her children stuck with over the years; her girls loved the sessions, while Abi valued the flexibility to make up missed classes and the daily free soft play.

Gymboree is unique in offering 7 levels of classes from sensory baby play (0-6 months) – to school preparation (3-4 years), on their own site. The award-winning programme has been perfected over 40 years to develop children through music, dance and play on their specially designed play equipment.

A key philosophy of Gymboree Play & Music is the unique approach to parent involvement, which encourages participation in, and understanding of, their child's development.

Gymboree Play & Learn classes encourage development through play; the programme is designed to support children's growth at their own pace. From sensory stimulation to problem solving games and storytelling, classes use fun play-based

activities to stretch mind and body.

It is clear Abi has a tremendous amount of passion and enthusiasm for Gymboree Play and Music, that she can't wait to share with local families. "I am really looking forward to meeting all of the parents/carers and getting to know their little ones – do pop in soon, say hello, and let me practise my bubble blowing and barista skills on you!"

As well as daily classes, they also offer amazing children's parties on their large site, and their cafe is perfect for children and parent meetups – with scrumptious cakes, barista coffee and other tasty snacks. Your local Gymboree is situated on Eastfield, off Henleaze Road (BS9 4BE), with a large car park.

Get in touch to book a free trial today!

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“Where Nurture Meets Nature”

It was a pleasure to take time out this month to meet Lizzie Staite and Janie Ankers – local mums and two of the co-founders of North Bristol's first forest-based Pre-School opening in January 2018.

Little Foxes' ethos is simple: they believe that there is no better place for children to learn, grow and thrive than in nature. With more and more opportunities for children to be in front of screens and indoors these days, they took it upon themselves to try to offer the young children of Bristol a chance to connect with the great outdoors.

Little Foxes Forest Pre-School will be open for 3 and 4 year olds on Mondays, Tuesdays and Wednesdays, 9:30am–2:30pm term time only.

Parents can sign up for one, two or three days. Every day the children's learning will take place in the beautiful surroundings of Stoke Park Estate in BS7. From spotting shapes during nature walks, to sparking imagination on gruffalo hunts, the Pre-school will harness the diversity of the forest surrounding to develop curious and creative little minds.

Lizzie, Janie and Julie (the three co-founders of Little Foxes) have over 25 years of combined experience as qualified teachers in the primary school sector and as registered child-minders. They have been successfully running an oversubscribed playgroup for years and felt it was time to expand as the demand for outdoor learning is growing all the time. Janie went on to explain: “From our time teaching and at the playgroup, we are constantly amazed at just what an impact being in nature has on children. Children really do become more resilient, happy learners. They challenge themselves further; it's incredibly rewarding to watch the natural connection children have with the forest, especially when we live in such a big city.”



“Studies have shown that children who learn outdoors all day have fewer allergies and move twice as much as those in traditional settings.”

Little Foxes pride themselves on having a high adult to child ratio of 1:5 (government guidelines are 1:13 at this age) to get to know children really well and to keep them safe. The Pre-School also has a strong emphasis on fresh, healthy and wholesome food. Lizzie says: “Children will be encouraged to be a part of the mealtime process, often helping to cook their lunches over the fire.”



Naturally, the Pre-School that only launched in September has gathered lots of interest. Spaces for the January intake were full within a month and they are now taking names for waiting lists. If you'd like to add your child to the waiting list email info@littlefoxesforest.co.uk. Further open days are also taking place next year. To find out more or to register interest visit their website –

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All the World's a Stage at Brunel Field

It was great to be invited along to one of Brunel Field's recent Arts Days. Inspired by Dylan Thomas's *Under Milk Wood*, the school enjoyed working on a range of workshops and performances throughout the day, with the Travelling Light theatre company.



It was fantastic to be in the audience and witness the creative ways the different classes had interpreted the text, in movement, texture and sound.

The day was met with great enthusiasm across the school years; we are pleased to share with you some of the responses from Year 6.



"Under Milk Wood was really good to use for the performance; there was a lot of description to explore. It was really fun having a miniature performance at the end of the day. It makes you feel important being on stage!"

Dylan (6L)

"It was a really great experience. Everyone was really excited. At first we thought, 'We can't learn a whole text in 2 hours!' but the workshop made us feel like – WE CAN DO IT! – it boosted our confidence and it was fun and active. 'Under Milk Wood was quite old but good to learn from. There were lots of good verbs and adjectives – it was fun to explore and write about.'"

Isabel (6L)



"The Arts Days were very enjoyable. They taught us more about the poem in different ways that we wouldn't normally think about, like shadow puppetry. This helped me think about how I could interpret this in my writing. Under Milk Wood is a little weird but cool at the same time. There were some words you don't normally hear so it was fun to learn new vocabulary."

Seth (6K)



Cooking It!



Cooking It! Is a Cookery School in Bishopston offering all sorts of cooking classes. Head Chef Monica is passionate about running this business from her lovely kitchen (although currently looking for new premises in Bishopston).

Two of her favourite pleasures in life are cooking and eating great food. She has always loved being in the kitchen, feeding friends and family and seeing the pleasure that making and sharing food gives.

Growing up in Barcelona, her love affair with food and cooking started early, and she still loves making the recipes that she learned as a girl.

Cooking it! Runs fantastic culinary classes to cater for ages, cooking skills and tastes. Why not enjoy one of the following: Saturday children's workshops; After school and Holiday Cooking clubs; Cooking for teenagers and young people who are about to go to university; Mini chefs club for 3–5-year-old children; Cooking parties for children; Tapas and Spanish food workshops; Cooking parties for children and hens; Cookery workshops for adults; Thermomix demonstrations. Maximum of six people per class.

Monica looks forward to welcoming you into her kitchen soon!

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Bishop Road Fireworks Extravaganza 2017

**Saturday 4 November 2017, School field,
Bishop Road (by One Way Garage)**

**Celebrate fireworks night and help support
Bishop Road Primary School**

The fantastic Bishop Road Fireworks Extravaganza is back and is bigger and better than ever! With entertainment, food and bars and spectacular fireworks, it is sure to be a sell-out event again this year. We are really pleased to have the support of Kellaway Building Supplies this year as well as continued sponsorship from Campions Property Letting & Management. Boston Tea Party has again agreed to sell tickets from their local branch on Gloucester Road. We are really grateful for the support of all these local businesses that help to make the fireworks such a success.

Gopal's Curry Shack, Dave Giles Butchers and Biblos will again be providing the food. New this year, there will also be hot drinks and cake from Boston Tea Party.



Our lovely community event has SOLD OUT for the last five years, so this year we are selling advance tickets only – there will not be any tickets available on the gate.

Ticket sales from Saturday 28 October to Saturday 4 November at Boston Tea Party, 293 Gloucester Road (all tickets must be paid for in cash), Tickets: £6 (adults) £3 (children) Under 3s free. **THIS EVENT IS ADVANCE TICKET ONLY**

Fireworks Event Timing – 4 November 2017

5.00pm – Doors open, children's entertainment, including novelties sales & Tuck Shop, bars open & food available. 6:30pm – Last entry.

For more details: Like @BishRdFireworks on Facebook, follow them on Twitter or email: bishrdfireworks@gmail.com



Bristol's Independent District News – brought to you by the GRBID

GRBID Sponsors Gloucester Road Arts Banners

This is a community art project aiming to celebrate the independent shops and community and enhance the local street scene. It has been a successful collaboration between GRBID and Gloucester Road Central, led by a steering group from both parties. Local artists, individuals and schools were invited to submit their artwork to be used to create banners to go on selected posts in the

area. The remit was images and words inspired by the Gloucester Road area. In the selection process our aim was to be inclusive and as reflective as possible. We have contributions from a wide range of sources including some more well-known local artists such as Inkie, Alex Lucas and Toni Burrows. The BID area will have 13 double-sided banners extending from Cheltenham Road into Zetland and up to the bottom of Pigsty Hill.



Street Art – October saw the unveiling of GRBID's street art project. It's located just by the Arches. Talented Nathan Evans has given us this and we hope it reflects the pride the area feels in being predominantly indie. We have more art works coming, so keep a look out!



Father Christmas is Bringing Post Boxes to the District

From Friday 1 December, children will be able to post their letters to the North Pole in various places on Gloucester Road! We've been asked by Father Christmas to decorate some post boxes, but we thought the most talented people for this would be our local children. So local schools have

volunteered to decorate a box each and they will be put in the shops detailed in the table opposite.

On 23 December, two letters will be drawn from each box, by a little helper and the authors of those letters will receive a little something special. So, don't forget to put your address or a telephone number on your envelope!



Post Box creators and locations

Ashley Down Primary	Iota	Gloucester Rd
Brunel Field Primary	Totally Toys	Gloucester Rd
Glenfrome Primary	The Parlour	Cheltenham Rd
St Bonaventures	Playfull	Gloucester Rd
Dolphin School	7th Sea	Cheltenham Rd
Sefton Park	Bishopston Library	Gloucester Rd
Fairlawn	Post Office (opp Scoopaway)	Gloucester Rd

A Christmas Market in the District – Saturday 2 December 2017 at Nailsea Electrical, 101 Gloucester Road

On Saturday 2 December there will be a cosy Christmas Market alongside Nailsea Electrical's returning Winter Alpine Christmas Bar. Stalls are reserved on a first come first served basis. So, if you are a trader in the Gloucester Road area (you don't have to be in the BID area!) and would like a stall, let us know at – grbidoffice@gmail.com



As well as the opportunity to find some unique gifts for friends and family, you'll be invited to join in with carols sung by a local choir. More information is coming soon.

Update on a Favourite Local – Prince of Wales

The Prince of Wales is continuing with the fight to retain its independence. And since the campaign began in early summer they have raised over £13,000. They need £20,000 more to go the legal route, and so the pub will be hosting a gig with local pianist Harrison Treble performing on 3 November, and their charity quiz Monday 6 November, with £1 entry per person going towards the campaign. The petition is still live, and so if you want to help, please visit: www.crowdfunder.co.uk/save-the-prince-of-wales-1



Celebrating Small Business Saturday 2 December 2017

– Since the market will coincide with Small Business Saturday and we thought you'd want to make a day of it; local shops will be doing something special on the day – from sales, special offers and workshops. Keep an eye on our [Facebook page: 'BristolIndieDistrict'](https://www.facebook.com/BristolIndieDistrict) for updates.

If you are a trader in the Gloucester area and would like to be involved, please email us with details of what you'll be doing at – grbidoffice@gmail.com so we can share with everyone.

New to the District – Big welcome to a new shop in Bristol's Independent District – Kiln Workshop is located on Overton Road – Pottery painting and craft workshops for kids and grown-ups.

What's On in the District in November?

6 November – Charity Quiz Fund Raiser – The Prince of Wales

25–26 November North Bristol Arts Trail

AGM Update – You can now view the annual report for the GRBID on our website – www.bristolsindependentdistrict.co.uk

GRBID – Call Out!

Would you like to get involved with the GRBID?

The Board of Directors has some openings. It involves donating a bit of your time, about 1–2 evenings per month when we meet up. It's an opportunity to work as a team delivering elected projects to the area. Email the BID: grbidoffice@gmail.com if you would like to find out more.

Your News, Events and Job Vacancies –

Please do send us any events or news you have so we can share on our social media pages. www.facebook.com/BristolIndieDistrict/

Bristol's Independent District



CHELTENHAM RD GLOUCESTER RD ZETLAND RD

A good Reason to get shopping!

As the family team head into their eighth year at Reason Interiors, they are still successfully blending a mixture of carefully selected vintage items, with new ranges of beautiful products for your home, from quality British and European suppliers.

You cannot fail to find the perfect gift for a loved one this Christmas in this inspiring shop. When I visited recently, they had just laid out some sumptuous, mohair blankets by Malagou – perfect for keeping you cosy this winter.

The much sought after sequined baskets by Dassie, continue to be a bestseller and now there are some new, black baskets in stock – a great gift if you are looking a bit of sparkle this Christmas!

The ever-popular Angela Harding advent calendars are now in; get your hands on the 2017 design whilst stocks last!

Candles always make a lovely present and Reason has extended their range to include – Hampton Holistics, created locally, with pure essential oils. Handmade, Barley Twist, Beeswax candles are both stunning in their design and scent. Completing the new candle range are Parkminster, 100% Soy, handmade candles. These attractively packaged gifts come in a wide range of scents from Rosemary & Basil to Fresh Fig & Grapefruit, Rose Geranium to Coconut, Pomelo & Ginger.

Da Terra, hand-painted salad bowls, in a selection of designs are proving to be a real hit and would brighten any table.

What better way to celebrate the festive season than chinking bubbly in vintage champagne glasses! There will be a range of glasses to choose from but they always fly out of the shop quickly.

If you are looking to adorn your home in style this Christmas, you will be thrilled with the huge range of decorations available, from traditional glass baubles to kitsch birds, frosted berries to paper fan angels, so much wonderful choice!

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Desserts

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Christmas Day

3 course meal, £29.99

Starter

Mediterranean vegetables
Jambo fries with cheese and jalapeño
Mozzarella sticks, jalapeño creamy cheese, jalapeño pepper filled with beef

Main

8oz rib eye, a popular cut, very tender and well marbled with fat. Served with grilled tomato, king prawns, onion rings, asparagus and super crisp skin on fries.

Or

Hand carved turkey breast, served with homemade roast potatoes, Yorkshire pudding, crispy onion rings, mixed vegetables and our special homemade gravy.

Desserts

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**A report from the
Bishopston Society AGM,
Tuesday 3 October 2017**

These meetings in the past are well supported and so it's encouraging that, a year on, there are still a lot of familiar faces and some new, who attended the Society's AGM.

After a concise summary of the finances, activities and future strategy, the Chair was able to introduce us to councillor Fi Hance – BCC Cabinet Member for Health & Wellbeing.

It's a concerning fact that Bishopston air quality needs improving – and its diesel cars that are a main contributor to this reality. Fi was able to highlight this with her map of a recent study she led on Clean Air. Fi and Bristol City Council are working cross-party with community interest groups to find solutions to improve the air that we breathe. And it does seem we are heading in the right direction with cycling and public transport on the increase. In addition, with funding from the EU by 2020, the council hopes to have doubled charging points across the city for electric cars. And, for the future, there is talk of Clean Air Zones – not quite the congestion charge – but a charge on cars pre-Euro 6 Diesel.

Dr Caroline Bartle of UWE discussed the challenges of changing our travel behaviours and what can help to that end, from travel plans, to car clubs, to cycling maps and real-time travel information, which all help people to make alternative choices. Did you know that Bishopston has a higher ownership of cars than the UK average? So perhaps it is worth considering the other options?

Almost one-fifth of Bristol's residents walk to work. This is the highest proportion of any core city, and the number increased by 40% between 2001 and 2011. The Bristol Walking Alliance is a coalition of about 20 organisations that campaign to make our streets safe and pleasant walkable spaces and to get even more people out and about on foot.



To make Bristol the best walking city in the world! To find out more about their campaigns and their supporters, visit – www.bristolwalkingalliance.org.uk

And finally, we were introduced to Clean Air Bristol, a recently formed partnership between Bishopston Society, Sustainable Bishopston, Bristol Walking Alliance, Bristol City Councillors and UWE, and were reminded there are alternatives to the car – that will not only bring benefits to our air but also to our health. To find out more about this project, visit – www.bishopstonsociety.org.uk

So, the message is loud and clear – leave the car at home!



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Autumn News at Hair Mechanics

Salon Manager Vickie is back! The Hair Mechanics team are delighted to welcome Vickie back from maternity leave. When we spoke recently she shared how happy she was to be **returning to the Ashley Down Salon for three days a week – Wednesdays, Thursdays and Saturdays.** Whilst still loving being a mummy to young Jensen, she admitted what a pleasure it will be to return to work; she has missed her clients and the great team.

Introducing the VIP Card – Hair Mechanics is pleased to announce the launch of the Wella Systems privilege card; pick yours up today from the local salon. Present your personalised card after each colour treatment at Hair Mechanics and, after every 3 colour appointments, you will receive a FREE in-salon treatment.

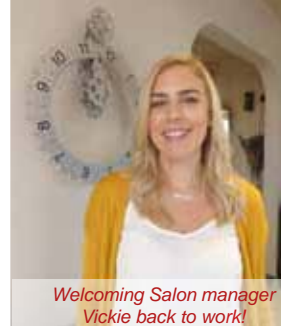
New! Wella Professionals RE ◀new colour product – To be used by hair professionals only, this new product helps speed up the process of changing dark dyed hair to light! Vickie explained, application of RE ◀new helps to strip colour out of dyed hair, significantly speeding up the transitioning process from a dark to lighter colour. Ask in salon for full details.

System Professional Gift boxes, now in stock! As thoughts turn to Christmas, why not give a loved one a stylish gift box containing three of their favourite hair products. You can choose from 'Hair full of life', 'Radiant colour results' or 'Rejuvenated locks'. Prices start at £35 (a 25% saving if you were buying the featured items individually). See Gift Guide on page 42 for product image.



For more information on other offers, check out the A-board outside the Ashley Down Road salon or visit the Hair Mechanics Facebook page.

Hair Mechanics, 69 Ashley Down Road, BS7 9JN • Tel: 0117 924 3611



Welcoming Salon manager Vickie back to work!



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New – Salad Counter – Since the closing of Mad About Sarnies, Joe's has expanded their takeaway range to include salad boxes. Always ensuring their customers receive the best possible quality of product and service, they have recently installed a new salad bar, enabling customers to more easily select the fillings they would like to create their desired lunch. As always, there will be some pre-made salad boxes available for those tight on time.

Sourdough & Italian Month met with a Fantastico response – Joe's would like to thank their customers for the fabulous response their extended, specialist lines were met with. Due to the popularity of these delicious products, they will be carrying on with a few of the best selling goods.

Getting into the Festive Spirit – As we march towards the Christmas period you will see all of your favourite seasonal goodies starting to appear in the bakery. Joe's once again looks forward to taking part in Glos Rd Central's Christmas Street Party, on Thursday 7 December. There will be plenty of tasters and Christmas products.

Good Sixty – Quality High St food to your door – Joe's is pleased to be supporting www.goodsixty.co.uk. This website enables customers to order online from their favourite independent shop and receive great quality food directly to their door.

Joe's Bakery, 240-242 Gloucester Rd, BS7 8NZ | Tel: 0117 975 5551 | www.joesbakery.co.uk

News from The Bristol Fryer

Looking good inside and out! As well as installing a counter range inside, the local Bristol Fryer has an improved outside area. A wooden canopy attractively shelters the outside dining area and, in the evening, the area is lit with blue LED lighting. The blue glow onto the sea creature window stickers, creates a great sea theme in which to enjoy your fish and chips.



Fair price food – With prices rising on raw materials, The Bristol Fryer do their best to keep their food at a fair price for their customers and are competitive within the area.

Thank you for your custom – The Bristol Fryer thanks all its loyal customers for their continued support and always looks forward to welcoming new people. The local chippy is a huge supporter of Bristol Rovers. They continue to be super busy on match days, when they are happy to extend opening hours to meet demand.

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Sunday: 4pm – 10.00pm *Closed lunch times bank holiday Mondays



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Bomboloni – a truly family affair

Opening its doors in June, it has been non-stop at Bomboloni ever since. A new Italian inspired restaurant on Gloucester Road, Bomboloni aims to achieve the atmosphere of a relaxed Italian family kitchen, at the same time providing excellent value for money and great quality.

Andrew Griffin, a veteran Bristol chef, formerly of *Markwicks*, *Tart Café and Foodstore* and *Prego*, has opened Bomboloni with his wife Sara, also an experienced chef. Sara is responsible for the wonderful array of cakes, pastries and bread, all handmade daily in the Bomboloni kitchen. Not least of which – and the restaurant's name-sake – are the bomboloni – a delicious Italian doughnut, filled with cream, salted caramel or chocolate ganache, and more.

Molly Griffin, Andrew and Sara's daughter is also a chef, formally of *Tart* and *The Stock Exchange Bakery* and now part of the Bomboloni family venture. Other family members such as Molly's younger sisters Lily and Nancy, her older brother Tom and her grandad Raymond can also be spotted in supporting roles in and around Bomboloni. This truly is a family affair that particularly welcomes other families at Bomboloni.

Opening at 10am (Mon–Sat), mornings offer great coffee and breakfast pastries, or if you fancy



something savoury you could try a freshly made roasted mushroom, pecorino and pesto toasted sourdough sandwich. But equally it is never too early for a delicious bomboloni fresh from the kitchen.

Lunch is a traditional Italian menu, with a lighter touch, that swings into action from 12 noon. Choose from freshly made pasta dishes, risotto and pizza. If you are looking for something lighter, you will always find a healthy, freshly made salad such as – roasted cauliflower and butternut squash. With autumn upon us, you may prefer a tasty soup served with sourdough bread.



Dinner is served from 6pm and is a slightly different affair at Bomboloni, as the lights dim and the candles are lit, there is a more varied menu to choose from. Such as: lovely fresh fish from Brixham, Devon; whole Dover sole, pan-fried and served simply with basil, parsley, pinenut and butter; slow-cooked lamb shoulder with cannellini beans; wild mushroom tortellini; seafood linguini or an exceptional slow-cooked beef ragu.

We hope that this has titillated your taste buds and we look forward to seeing you very soon at Bomboloni.



Filton Golf Club Winter Warmer



Local North Bristol secret revealed! Intrepid urban explorers have recently discovered a beautifully maintained and

challenging parkland golf course with extensive practice facilities and a warm, friendly clubhouse.

Drive along Golf Course Lane (just off Filton Roundabout, BS34 7QS) and you find yourself leaving the busy, urban rat race behind as you enter a lush, green oasis of quiet sporting endeavour, where members focus on the joys and frustrations of moving a small dimpled ball vast distances towards vanishingly small targets.

We have a growing Junior Section and a thriving Ladies Section and the Club supports teams at all levels. The Club also hosts lots of competitions throughout the year.



Filton Golf Club is looking for new members to share the delights of golf. We're offering very tempting deals for new members so check us out – we think you'll like what you see!

Our Winter Warmer offer, 5 months unlimited golf for £250, running from November 2017 to March 2018.

Get in touch!

For more details about becoming a member of Filton Golf Club, visit www.filtongolfclub.co.uk, phone us on **0117 9696968** (option 3 to speak to the Office) or take the drive down Golf Course Lane and say hello.

News from U3A

If you have been reading Bishopston Matters over the last few months, you may well have read the articles about the U3A, the University of the Third Age. The U3A is an international movement, whose aims are the education and stimulation of people in the "third age" of their life. This age, actually has nothing to do with time or the members' true age, but simply the time in life when people give up full-time work, in favour of some form of retirement.

The movement started in France as a university activity, but attracted the attention of Cambridge University academic, Peter Laslett in 1981. He hosted a conference in Cambridge to discuss the possibility of bringing the U3A to the UK. This triggered an invitation to Eric Midwinter, who was concerned with ageing, to talk about the French U3A on the BBC radio programme You and Yours. No fewer than 400 letters were received and the UK U3A was born.

The French model of being affiliated to a university was rejected in favour of the self-help model that we have today. Peter Laslett wanted

groups of people to get together to learn about what interested them, not a prescribed syllabus. He also wanted 100% participation by the membership with the ethos, 'The Teacher Shall Learn and The Pupil Shall Teach'.

The first U3A, understandably, started in Cambridge, and in spite of a lot of difficulties with funding, and the usual differences of opinion, the organisation grew. Within 10 years, new U3As were forming at the rate of one a fortnight. There are now over 1000 UK towns, villages and regions, which have their own U3A, and there are nearly 500,000 members.

Bristol U3A has nearly 2000 members and there are over 130 special interest groups, ranging from Architecture to Yoga, including Tai Chi, Table Tennis, Poetry, Jazz, Majong, History, the list is endless. If you would like to know more, then do look at the website <https://u3asites.org.uk/bristol/home>. Scroll down the 'Groups' page for a complete list of groups that you may be able to join.



Happy 20th Birthday to Amnesty Bookshop on Gloucester Road

To celebrate this occasion Amnesty has had a refurbishment. Everything was stripped out – books put in storage and the carpenters called in. The result is a light and airy space with wooden new bookshelves to house their wide variety of books, vinyl, DVDs, CDs, graphic novels and comics.

All profits from sales go towards supporting campaigns led by Amnesty International. But that's not all the good they do here in Bishopston. I learnt, for example, that their books never see a landfill site – they all find good homes – both in our own homes or Bristol Schools to fill their library shelves, or Horfield Prison and also to local, national and international charities. These books find a shelf for life! And that's why the shop will always welcome your donations whether they are books, vinyl or DVDs.

Tracey Richards, the team leader here in Bishopston, lets me know that this shop is well supported by an impressive team of 100 volunteers – and it's not just the books that need guardians, there is a garden too that volunteers can help with. In fact, if you think you have a few hours to spare and would like to help with the garden, just pop in to the shop and ask, or email bristolbookshop@amnesty.org.uk, to enquire.

Amnesty Christmas

Amnesty Christmas cards and their popular diaries are now in stock. And good news – throughout December 2017 the shop will be open on Sundays, 12:00–4:00pm – so when you pop out to the Co-op on a Sunday to get your milk and bread – why not nip in and have browse through this labyrinth of a bookshop.

Amnesty Bookshop – 103 Gloucester Road, Bristol BS7

www.booksforamnestybristol.org.uk



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News from Golden Hill Community Garden

Hi everyone

Hey ho! Darker grow the days! And as the seasons change, so does the garden. We've busy harvesting the last of the bounty of summer and clearing away the last of the courgettes, tomatoes and chillies and it's time to turn to the tasty treats of winter – leeks, parsnips, celeriac, Jerusalem artichokes. Yum. It's also the time when move from salads to soups so if you come along on a volunteer day you're welcome to join us chopping and chatting and cooking up a delicious soupy feast. **We're open rain or shine every Wednesday 10am – 4pm (and 10am – 3pm in December)**

And December news! Our ever-popular **Christmas wreath making workshop** will be back. We'll show you how to weave your own gorgeous wreath out of willow and provide you with all the lovely winter greenery and berries to make something really beautiful. You'll be the envy of your street! **Saturday 9 December** and only £10 per wreath! **10am – 4pm** – drop in throughout the day – it takes about an hour and feel free to bring your own pretty garden bits or shiny stuff along. Children are welcome! Please arrive by 3pm and we provide gloves and tools (but bring your own if you like). We have a warm indoor space but wrap up warm!

We also like to keep children outdoors all winter as well – we'll be running our **Sunday Club for families with children with SEND** (Special

educational needs or disabilities) and their siblings: **Sunday 5 November** and **Sunday 3 December 2–4pm**, £5. Get in touch for more info or to book at ghcgarden@gmail.com or phone me on 07506 905 394. These are great afternoons full of fun, parachute games, cooking on the campfire, gardening, sensory activities, singing, crafts and more all in our beautiful garden setting – and we also have a warm and cosy indoor space.

See you in the garden!

Lucy Mitchell

For more info – 07506 905 394
thegoldenhillcommunitygarden.com

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News from the Ardagh Community Trust

Community Business Weekend at the Café on the Common

On Saturday 7 October, Ardagh Community Trust was delighted to host a Community Business Weekend 'Open Doors' event, which gave us a chance to share updates about our latest news and the work we are doing with visitors, friends and supporters. The event was great fun, well attended and – despite the rain! – gave us the chance to share lots of information about our developing plans for the future. It was also a lovely opportunity to celebrate our achievements to date!

We will shortly be launching a new membership scheme, which will enable local people to become members of the charity and to have a real say in how our work develops, so it was a great opportunity to share information about this. If you weren't able to attend on the day and would like to know more, please sign up for our mailing list at www.theardagh.com.

We were also able to update visitors on the day about the work that we have been doing to secure the external funding that is needed to bring the Ardagh site back into full use for the benefit of the local and wider community. Our ambitious plans – developed over the last 2–3 years through the community architecture and community consultation projects – include creating a year-round café, which can also function as a community-hub and meeting space (in response to demand from local residents and users of the existing café facility), improvements to the sports courts to enable these to be better used for a wide range of sports and leisure activities, improvements to the gardens and other public areas, and crucially – making all of the facilities fully accessible so that all members of the community are able to benefit from them.

We are waiting to hear the outcome of a range of applications which will enable us to start this work as soon as the Community Asset Transfer for the site is completed. We'll update BM readers with the latest news as soon as we hear!

Support the proposed refurbishment of the Ardagh Cafe – If you would like to show your support for the proposed improvements, to renovate the Ardagh Pavilion as a cafe, and the addition of a lightweight semi-permanent canopied hub space to create a fully accessible cafe and community hub then please offer your positive feedback via the Bristol City Council website <http://planningonline.bristol.gov.uk/online-applications/applicationDetails.do?activeTab=summary&keyVal=OVRAWODNF LG00> – but be quick, the closing date to comment is 30 October 2017.



Image thanks to Paddy



Ardagh Repair Café

On Saturday 23 September the first Horfield Common Repair Café took place at the Ardagh and it was fantastic! Thank you to all who came along and brought their



broken goods and thank you very much to all of the fabulous volunteer-fixers who gave up their time to come along and fix things! The volunteer team fixed a wide range of items including Christmas lights and a desktop lamp, wooden furniture, a metal towel rail and a clock; they also hemmed trousers and repaired a coat – giving all the items a new lease of life!

The Repair Café movement is international and since beginning in 2009, has grown so that there are now almost 1,400 Repair Cafés in 33 countries on six continents. Bristol has a well-established network of Repair Cafés and we are very grateful to the volunteers working in these for their help and advice in setting up ours. We have a growing number of local, enthusiastic volunteers who are willing to give up their free time and offer their skills to help others learn how to repair their things – both to reduce the amount of household waste going into landfill, and to help reduce household costs.

The next Repair Café takes place at the Ardagh on Saturday 25 November, 10am – 12pm; if you would like to come along and volunteer, we will be very pleased to welcome you and if you have any broken items, please do bring them along. Volunteers cannot guarantee that they can fix anything, but they are very happy to have a look and have a go!

To find out more about ACT, and to keep up to date with our latest news, follow us on **Facebook at 'The Ardagh'**, follow us on **Twitter @theardagh** and sign up for our mailing list at – www.theardagh.com



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Service Excellence Award for Kellaway Pharmacy

Kellaway Pharmacy is delighted to share the news that their dispensing assistant, Ewa Kluk, recently scooped the much-coveted *Service Excellence Award*, during a gala lunch at the Dorchester Hotel, London. The event celebrates the best of pharmacies, who go above and beyond their duty to support their local communities.

The Editor of *Training Matters* (the host) Gemma Woodall, said: "This year's entries were outstanding and it was an incredibly tough task for the judging panel to whittle down the entries for each of the categories. The finalists really are the best of the best and their dedication and commitment to their roles really is commendable."

Kellaway Pharmacy pride themselves in providing excellent, friendly, professional care for their patients and their families, in a personalised manner. Their award is a testament to their unique approach. Pharmacist Jess Williams told us, "Our team is proud of what Ewa has achieved and thrilled that her dedication in serving the community has been recognised. Ewa truly exemplifies our pharmacy ethos of passionately caring for our patients and their dignity."



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A Glimmer of Hope in the Darkest Places

by Jayne Connell MClInPsy

Most people, at some stage in their lives, will experience emotional difficulties, maybe relating to health, relationship problems, early life experiences, social situations, loss of someone significant – the list goes on.

Often, we work through these things with the support of those around us or even on our own, but sometimes we need the help of a trained and skilled professional to guide and support us. Emotional difficulties (like anxiety and low mood/reactive depression for example) are so commonplace they are pretty much a normal reaction to the pressures of life – they are certainly no cause for embarrassment or shame – neither is recognising when we need a little help.

During my career as a Clinical Psychologist in the NHS, I have worked with all ages and pretty much every kind of difficulty you could imagine. I have won a national award for innovation in treatment and have been published by Oxford University Press, but more importantly I have been fortunate to work with many brave and determined clients and results have so often been remarkable. Above all I am constantly reminded of the potential for positive change in all of us regardless of age or circumstances. I have seen glimmers of hope in the darkest places.

I am offering 50-minute private consultations at the Alma Vale Centre in Clifton (no obligation to sign up for ongoing sessions) from October 2017. You will meet me for an initial assessment appointment to explore how my professional assistance might make a difference to you.

If you feel it is time to seek a more positive way forward in life please contact the Alma Vale Centre on 0117 3771186 to make an appointment. I look forward to meeting you.



"I have won a national award for innovation in treatment, and been published by Oxford University Press, but more importantly I have been fortunate to work with many brave and determined clients and results have so often been remarkable."

News from the green room Organic Hair Salon

Nine years on the Prom – When I sat chatting with salon owner Joe, as she gave me a much needed hair cut recently, it was amazing to hear the Green Room has recently celebrated its ninth birthday!

Book in with junior stylist, Summer – The Green Room is pleased to have junior stylist, Summer, as part of their hardworking team. If you would like a great cut, at a reduced price, then why not book in with Summer, who is at the salon Wednesday to Saturday.

Getting into the festive spirit! The Gloucester Road salon is gearing up for another busy winter season; they advise customers to book their appointments early to avoid disappointment, as we head into the season of Christmas balls, parties and nights out!

The perfect gift – Vouchers make a wonderful present for that special lady or gent in your life. Due to popular demand the salon will once again be stocking Kevin Murphy gift packs for men, which include – shampoo, wax and shaving cream.



Don't forget the animals this Christmas – As a long-time supporter of the Bristol Dogs and Cats Home, Jo will be taking donations of food, blankets and toys for the local animal charity; please do pop into the salon with some soon.

15 The Promenade, Gloucester Road, BS7 8AL

Tel: 0117 942 75 75 The Green Room



Junior stylist Summer looks forward to taking your booking soon.

Christmas Hours

The salon will be closed 24–27 December, re-opening on Thursday 28 December 2017.

It will then be closed 1–2 January, re-opening on Wednesday 3 January 2018!

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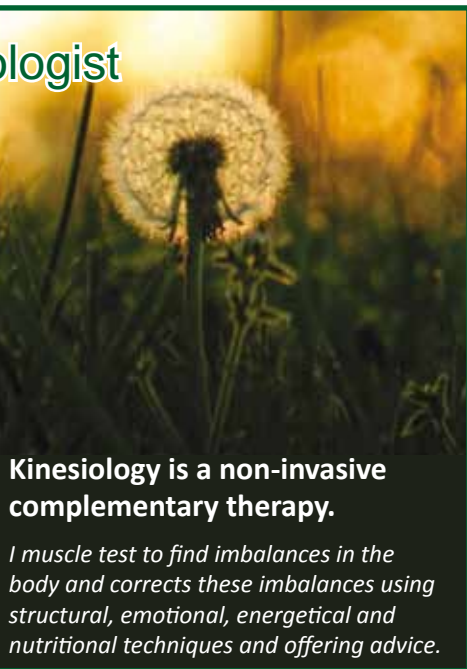
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New Eyewear Collection and Eye Care App!



There's a lot going on here at Lynne Fernandes Optometrists; our winter eyewear collection is now in and we're delighted to tell you that we now have an App for all your eye care needs.

Winter Collection – Our new collection brings International style from across the globe to Gloucester Road. Eyewear brands include LINDBERG, synonymous with award-winning, quality rimless glasses, Barton Perreira handmade, unique luxury eyewear from LA, the globally iconic Carter Bond from Australia and Ray-Ban, the face of cool for over 70 years, founded in the US. And, not forgetting Britain's leading bespoke eyewear brand, TD Tom Davies and William Morris Black Label. Plus more!

So, whether your look is smart, elegant, sophisticated, fun, confident or quirky – there's a designer eyewear brand to match your style. Pop in and take a closer look.

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With the App you can view, make and amend appointments, update your personal details, view your prescription, contact us via email or phone and get directions.

The App is for everyone, existing patients and new customers. If you're new to us, simply book your first appointment with the App and we'll get in touch to confirm it. If you need any help with our new App, just give us a call. We are happy to help.

Save the Date – We're holding a special **MOSCOT Eyewear Open Day on Friday 24 November** and you're invited! Browse the MOSCOT range, part of our Winter Collection and enjoy an exclusive offer on the day, plus much more! For updates visit our website or follow us on social media.

Eye care made easy – You can book your appointment via our App, visit – www.lynnfernandes.co.uk, call 0117 942 6843 or pop in to see us at 75 Gloucester Road.



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Bristol
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Paul Roberts Hi-Fi

Graham Norton's entertaining you in the kitchen, whilst Matt Edmondson is in the lounge playing Radio 1's greatest hits to the kids!

How does this happen?

Good connections – right? No – all you need to make this happen is two, Bose SoundTouch speakers and the free SoundTouch app.

You can have multiple speakers across the house if you wish, so you can walk from room to room without missing any of your favourite show or tunes.

So much choice with Deezer & Spotify –

Deezer and Spotify offer endless albums and playlists across all genres of music and come with the SoundTouch app.

Control at the touch of a button!

This is the good bit! – While you're preparing Christmas dinner, singing along to some carols via Spotify, Sam can be upstairs with his own music, and Flo can be listening to the radio in the lounge. But if you decided it was time for some festive cheer across the family home, at the touch of a button, you can have carols ringing out in each room, thanks to all the speakers being controlled via the one SoundTouch app (supported by Wi-Fi).

How easy are the speakers to install?

These speakers are stand-alone – so installation is a breeze! There are no wires to connect them from room to room, just a small wire in the back of each speaker so you can plug in wherever suits you best.

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Bose speakers are always stylish as well as offering fantastic sound quality, and with a starting price of £159, they are great value.

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The Paul Roberts team invites you to come in and visit the show(sound)room. They have the SoundTouch family all set up and ready for you to sit back (yes they have a sofa) and listen.

And being the experts that they are, they'll be able to answer your questions – there'll be no pressure – just great sounds and professionalism.

Could I get one in time for Christmas?

Yes you can – and wouldn't these speakers and system make a great present for your partner, a teenager or for anyone that would enjoy listening to music.

Competitive on price, unbeatable on service –

Paul Roberts Hi-Fi prides themselves on being competitively priced but unlike some of the larger retailers, you get all the benefits and excellent customer service of an experienced, local independent.

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www.paulrobertshi-fi.co.uk

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Your Local Christmas Gift List

This Christmas whether you're searching for unique gifts for your family or your home, it's all here on our very own Gloucester Road. Bishopston Matters hopes to inspire you with our pull-out – Local Christmas Gift List. No need to fear hours of being stuck in traffic, paying for parking, fighting your way to tills...all your Christmas shopping is on hand right here on your doorstep. We've created categories too, to help you along your merry way.

Why not make the most of the inspiring Christmas events brought to you by our independent traders? On Saturday 2 December, Bristol's Independent District invite you to their cosy Christmas Market, alongside Nailsea Electrical's returning Winter Alpine Christmas Bar. Traders in the district will also be bringing you a day of sales, offers and surprises! On the evening of Thursday 7 December, Glos Rd Central will once again be celebrating with their popular Christmas Street Party. Everyone is welcome to join in the festive fun 5–8pm.

This Christmas love local and shop local xxx

Suggested local gift guide – ● Him ● Her ● Kids ● Home



●
Frida Kahlo –
laser-cut necklaces
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●●
IOTA
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0117 924 4911
iotabristol.com



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A fabulous German sparkler made by a winemaker with 12 years experience at Bollinger! Bright and fruity with some creamy hints and attractive citrus fruit. Linear and focused with really pretty fruit.
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www.flo-jofabrics.co.uk

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arrangements.
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theflowershopbristol.com



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Osna

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kilnworkshop.co.uk

The Room 212 calendar features 12 of our favorite local artists and offers a mix of cheerful Bristol scenes and lovely wildlife. A4 spiral bound, available in store or online. £10.



Room 212

212 Gloucester Road, BS7 8NU • room212.co.uk



Kara

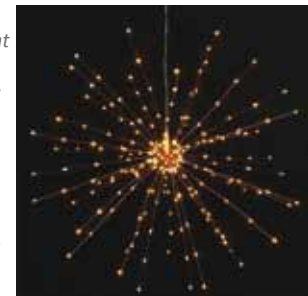
208 Gloucester Road, BS7
07533 232692 • IG: [Karabristoltd](https://www.instagram.com/Karabristoltd)

Kara has taken on Keith Drury Art, with his quirky and contemporary interpretation of the urban landscape. Just a few prints remain of his Bristol collection. £145 for 16 x16", £195 for 22 X 22".

Stunning Starburst Light – Copper, 200 LED, indoor & outdoor use 8m lead wire for hanging, £36.

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marialina.co.uk



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First Aid for your Pet!



First aid in pets has been a talking point recently, with Jodie Marsh sharing a video of herself performing CPR on her dog, who sadly died a few days later.

To perform pet CPR it is best that you have had some veterinary-lead training in how to do this; Jodie's video should not be used as a guide as she herself admits her technique is not perfect. CPR is also performed differently depending on the size of the dog and is also very different if you own a cat, rabbit or other species.

However, there are other things you can do in a first aid situation that can be helpful.

The first thing is to keep calm and take a moment to check the situation first, that there is no danger to yourself; be careful, as injured animals may be afraid, in pain and may bite.

With wounds, apply pressure if they are actively bleeding using a clean towel, if the blood seeps through then apply a second layer over the top of the first. Burns should be bathed in cool water for at least 10 minutes.

If your pet is having a seizure then keep calm, minimise noise and move household items out of the way so they do not harm themselves. Call a

vet immediately if are still having the seizure after 5 minutes or if they have more than one seizure in a row. If it is their first seizure, but it resolves in under 5 minutes, it is still worth calling the vet to book an appointment for them to be checked over.

If you think your pet is suffering from hypothermia then we advise wrapping them in a warm blanket and calling your vet. With hyperthermia (being too warm) then try to cool them down slowly with cold water soaked towels and offer them water.

Both hypothermia and hyperthermia are very dangerous so call the vet ASAP for advice.

With all situations involving first aid, call your vet as soon as possible to let them know what has happened, to get emergency advice and to book your pet an appointment to be checked over by a veterinary professional.

Sophie McGill BVSc MRCVS
Veterinary Surgeon, Animal Health Centre
Tel: 0117 9247832



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It's Jingle All the Way at Roxfords!

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If your pets prefer to play, dogs will go crazy for the reindeer pull and stretch toys, squeaky, crackly Santas and soft, furry bones. I particularly liked the tartan characters and Monty dog has definitely added the soft Father Christmas with spiky, rubber ball belly to his seasonal wish list!

Of course, not forgetting our feline friends, there is a new Santa scratch pad, along with plenty of other toys. Look out next month for all the Christmas goody bags, filled with tempting treats for all your furry friends – from Harry the hamster, to Sarah and Michael's pride and joy – Massee the Leonberger.



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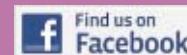


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- Want to earn a little extra?

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November is a busy month at Glos Rd Central. Firstly, the much-awaited **Gloucester Road Art Banners** are being installed.



Over 30 banners are going up on lampposts stretching from the Arches on Cheltenham Road up Pigsty Hill to Filton Avenue, with a spur on Zetland Road (see map). Each banner will have different artwork by Bristol artists, selected by traders and the general public. These fun and colourful banners should encourage everyone to visit and support our favourite high street. Financed by traders of the GRBID (Bristol's Independent District), the Neighbourhood Partnership and North Bristol Artists, the banners are set to brighten up the

high street with images celebrating our community and independent shops. From Jenny Urquhart's bright balloons to Cath Read's children playing in St Andrew's park, to Rosie Webb's quirky animals and Nell Niles' beautiful colours, North Bristol Artists are well represented. This is great news as the **North Bristol Art Trail takes place 25–26 November** so the banners are a perfect way to get everyone in an arty mood and will enliven our high street in the lead up to Christmas. *See map opposite.*

Many of the shops at Glos Rd Central display artwork from North Bristol Artists all year round and stay open for the whole of the art trail weekend. A visit to Paper Plane, Fig, Artemis and Room 212 offers an opportunity to browse the local art on offer and plan which artists to visit during the trail.

This year North Bristol Artists have decided to cut down the number of brochures they produce, so will not be delivering door to door. However, there will be

Offers from Xpress Computers, 176 Glos Rd

If you are a student, business or home user, it's so important to back-up your data. Xpress can help and advise on affordable solutions. They are offering **20% off Data recovery to one Bishopston Matters reader**; simply email your details to xpresscomputers176@gmail.com

Do you have an old or broken laptop you need to recycle? Please drop into Xpress Computers, they may even offer you some money!



a plentiful supply at Glos Rd Central and many other places around the area.

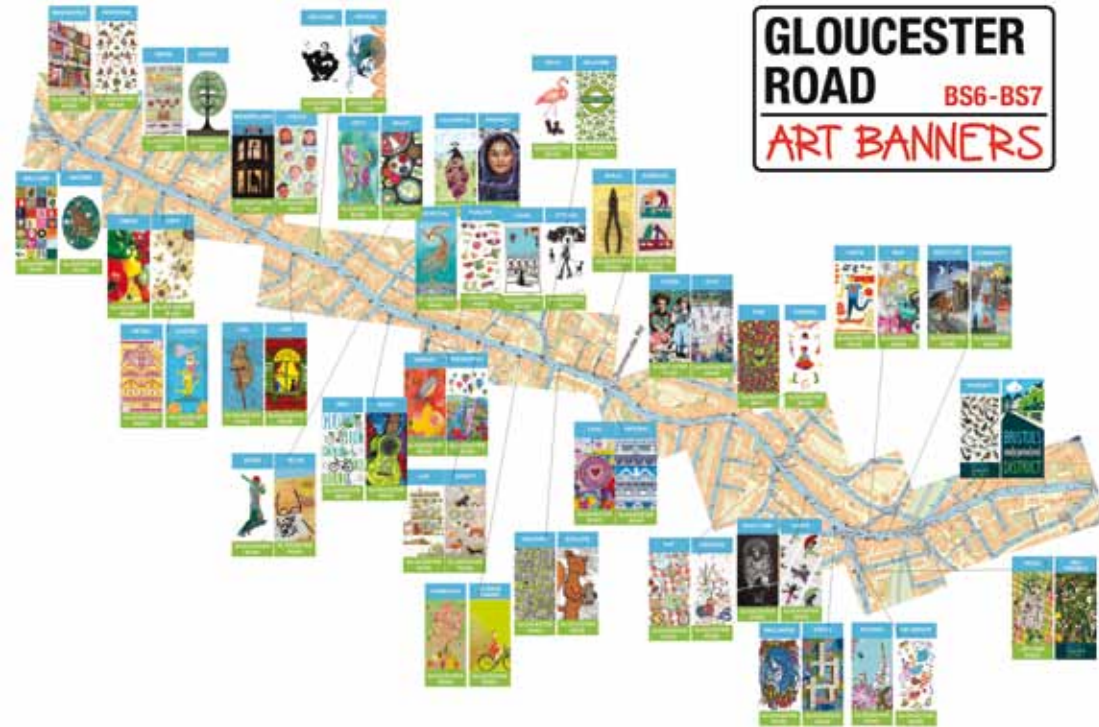
The North Bristol Art Trail will be another opportunity to look around the 212 Eco House, as it is the venue for Room 212 owner, Sarah Thorp. Sarah will be displaying her colourful upcycled furniture and vases, while jewellery maker Katie Johnston will offer her popular and latest designs.

There are lots of exciting plans afoot for December too. **Small Business Saturday is on 2 December.** This national campaign aims to encourage everyone to use their local independent shops so it's a great date for Gloucester Road businesses, many of whom will be putting on offers or events. Nailsea Electrical is planning a Christmas event on the day with stalls, drink and music. GRBID are helping to organise the event and all Gloucester Road traders have a chance to take part (email grbidoffice@gmail.com). Keep an eye out for more details and, in the meantime, remember that your friendly independent shops and businesses rely on YOU to keep them going!

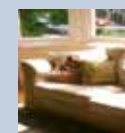
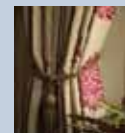
Once again, Glos Rd Central is planning their **Christmas Street Party**. This year it will take place on **Thursday 7 December, 5–8pm**. Shops will stay open for an evening browse while, on the pavements, there'll be activities such as wreath making and raffles. There'll be live music all evening and the Bishop Road Community choir will perform outside Room 212 at 8pm. Come along to Joe's Bakery to get free samples of fine Christmas treats, have a tasty snack from the Italian Sausage company and track down a glass of festive mulled wine. A lovely way to get into the Christmas spirit with friends and neighbours – whatever the weather! If you'd like to offer a community stall or activity, get in touch with Sarah at Room 212, newtwist@mail.com.

More info about the artists and artwork on the Art Banners will be found through the Gloucester Road Art banners page on the Room 212 website and the North Bristol Art Trail app.

To keep up to date with Glos Rd Central activity, visit: www.glosrdcentral.co.uk.



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ART BANNERS



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Open: Tues to Sat 10am – 5pm.

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Billie-Jean Pop Up Cashmere Event

Glos Rd Central **Christmas Street Party**
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194 Gloucester Road, Bishopston

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Resistance Training for a Longer Life

As we age an inevitable condition called sarcopenia causes our muscle mass to decrease. Research has suggested this decrease in muscle mass is lost at 0.5–1% per year after the age of 50. This means by the time we are 60 we could have a lost around 10% of our total muscle mass! This reduction means we lose strength and can lead to fractures and falls in later life.

So how Can I Improve My Muscle Mass?

Any form of resistance training can help increase your muscle mass this includes

- Weight training – using weighted bars, machines or dumbbells
- Body weight training (using your own body weight as resistance)

Differences in Muscle Mass



Generally, the more active you are the higher amount of muscle mass you will have. This picture shows an inactive person vs an active person.

The CT scan of the thigh shows a larger amount of muscle mass for the person who exercises more. Image – Pinterest.com

How do I Start Resistance Training?

Firstly, you can start with body weight training, which needs no equipment and can be done at home. There are some example exercises below. Try one set of 10 repetitions twice per week with 48 hours rest in-between.

Ashley Metcalfe, Fitness Manager, Horfield Leisure Centre



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Client feedback: "Thank you Kat for your completely transformative support. You enabled me to access positivity and strength that I have been wanting for a long time. I feel so grateful for your work. You are a wonder!"

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My Wild Child – unleash your child into the urban wild!

Avon Wildlife Trust have re-started their **FREE** regular wild-play sessions for families with under-fives on Horfield Common.

The sessions give children and their parents and carers a chance to learn about nature and have fun together outdoors. Enjoy an array of wild activities such as wild art, mini-beast hunts, songs, storytelling and maybe a fire for the autumn term! The sessions give children a chance to explore the nature in the city and learn more about wildlife. They also give parents and carers an opportunity to spend time with their children in their local green spaces and to connect with other families and the surrounding community.

Join in the fun, awe and wonder at the wildlife found in your local green space and experience the positive benefits of playing outdoors and being in nature.

"My favourite part is watching Beth encounter new situations and then grow each week as the situations become the norm. Beth's favourite part of My Wild Child has to be exploring the stream!"
Doug, My Wild Child Dad

The sessions are now running every Thursday afternoon from 1–2.30pm, during term time, on Horfield Common (meeting near the café).



Term-time sessions are aimed at toddlers aged 2, 3 and 4 but younger siblings are welcome.

Thanks to Friends of Horfield Common, for taking care of this green space for the local families and communities. Thanks to players of People's Postcode Lottery for supporting our My Wild Child sessions.

For more information visit: www.avonwildlifetrust.org.uk/mywildchild or contact Sara Turrill: Sara.Turrill@avonwildlifetrust.org.uk

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Window Wanderland; A Walking Trail to Light up our Winter

Sign up for Bishopston's magical Window Wanderland, 24–26 February 5:30–9pm.

"Which event sums up community and creativity better than Window Wanderland?" – Featured in The Sunday Times.

Imagine walking around your streets at night and seeing your neighbourhood in a whole new light. Window Wanderland is an inspiring, fun community project that started here in 2015, with amazing results, and is back in February 2018. Since 2015, the Window Wanderland concept has spread – we have had over 20 events nationwide. In 2018, Canada and Germany will be joining us!

Window Wanderland invites all residents to make displays in their windows or gardens that will then form a magical trail which can be explored by the whole community.

Local, Abi Fisher, says: "I love Window Wanderland as it really cheers up a dark time of year! It's fun to walk around and always makes me smile. You don't need any special creative skills – I have made displays with friends the past few years –

it's fun coming up with an idea and putting something up together."

It's easy to put your house on the map, if you want to make a display; just visit our event at: www.windowwanderland.com/event/bishopston-bristol-2018. We will also be raising money for local charities on the night, so please spread the word and save the date for this magical event.

Creator of Window Wanderland, local mum and artist, Lucy Reeves, says: "Everyone has a playful side to them, they just need an opportunity to show it. We have seen over 2000 displays made by schools, grandparents, even pets! It is proper community event – on some roads almost every house participates, using campervans, top floor windows and even decorating hedges with lights."

Window Wanderland is an inclusive community event, aimed at bringing everyone together to have FUN!

For further information, email: wbishopston@gmail.com, visit: www.windowwanderland.com or find us on FB, Twitter and Pinterest: @windowwander

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The Future of the Memorial Ground

Bristol Rovers to stay at the site

A recent frank and promising meeting of Bristol Rovers FC directors with a group of local residents, bodes well for further dialogue between the club and its neighbours. The meeting was arranged by Friends of the Memorial Ground (FOMG), to discuss the intention of Dwane Sports Ltd, who are the owners of Bristol Rovers, to rebuild the Memorial Stadium.

The two key 'take-aways' were that Dwane Sports is considering building a new stadium with a capacity of about 17,000–20,000 (which is 5,000–8,000 more than the current capacity) and that the new stadium would be self-funded.

We discussed revenue stream ideas to complement the football-related business, such as a gym, a school, a medical centre, conference/wedding reception rooms, etc. – facilities available to all and not only on match days. Rovers are seeking further suggestions from the community and fans.

In a spirit of co-operation and a shared interest in a sustainable/successful future for the stadium, FOMG emphasised that a wide range of creative solutions to match day traffic and parking would be necessary. The club recognises that research into fans' travel patterns was needed. Rovers are putting up bicycle stands. We discussed other options, including providing incentives to fans to cycle or walk to matches, shuttle buses to Kingswood, Easton, Temple Meads, etc., a deal with local bus companies, pooling resources and solutions with Gloucestershire County Cricket Club, park & ride, park & stride, car sharing, and the setting up of a match-day-only residents parking zone.

The Memorial Ground is to be rededicated to commemorate Bristol rugby players killed in wars since 1945. Bristol Rugby Former Players are applying for funding to professionally restore the listed entrance gates. FOMG and Rovers are to explore the possibility of re-planting the Scots pines around the ground's perimeter, where these are now missing.

As the stadium's redevelopment plans evolve, further dialogue between the club and local residents – and a thorough community consultation – are envisaged. The Bishopston Society has kindly offered to facilitate this.

<https://memorialgroundbristol.wordpress.com>

The 1st Bishopston Scouts Need YOU!

Ever thought about getting involved in your local scout group?

Our adult volunteers get just as much fun from Scouting as our young people. As well as helping young people to enjoy the adventure of Scouting, you also get the opportunity to try a whole range of different activities and new experiences.

We can also help you develop your current skills and learn new ones. Volunteering in Scouting can enhance your CV or simply allow you to pursue your interest in a specific hobby.

You don't need to have previous experience in Scouting, just energy and enthusiasm. All of our adult volunteers receive a full induction and ongoing training and support. There are many reasons why adults choose to volunteer for Scouting.

"To develop my own skills"

"To enjoy and rediscover adventure for myself"

There are many ways in which you can give your time to help Scouting.

Most of our volunteers have full-time jobs and help out on a flexible basis, around their other commitments.

Whether you can spare two hours a week or one day a month, we need volunteers to help young people experience the challenge and adventure of Scouting in our local area.

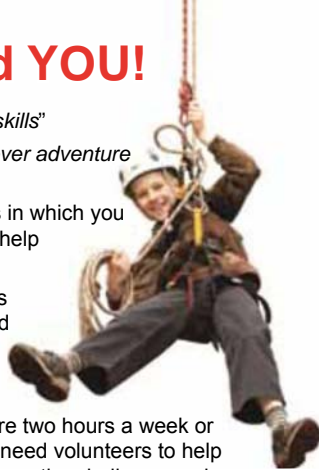
We're currently looking for:

Scout Troop Leader – Someone to join our team of volunteers to help run our Friday Scout Troop.

Cub Scout Leader – Someone to join our team of volunteers to help run our Monday Cub Pack

Beaver Scout Leader – Someone to join our team of volunteers to help run our Friday Beaver Colony.

Please contact:
chloe.harvey@forzadt.f9.co.uk



Here are some that existing volunteers have given:

"To give something back to the community"

"Because volunteering is a 'good thing'"

"To spend more quality time with my child"



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Once upon a time,

in the heart of Bishopston sat a wonderful primary school, named Bishop Road.

Thanks to years of hard-work from numerous fairy god mothers and fathers

– in the form of their PTFA – a magical, story garden appeared, transforming what was once a thorny, scrap of land into a wonderland.

This enchanted garden has been created with great care and creativity, taking inspiration from tales such as *The Chronicles of Narnia*, *Alice in Wonderland*, *The Secret Garden* and *The Wizard of Oz*.

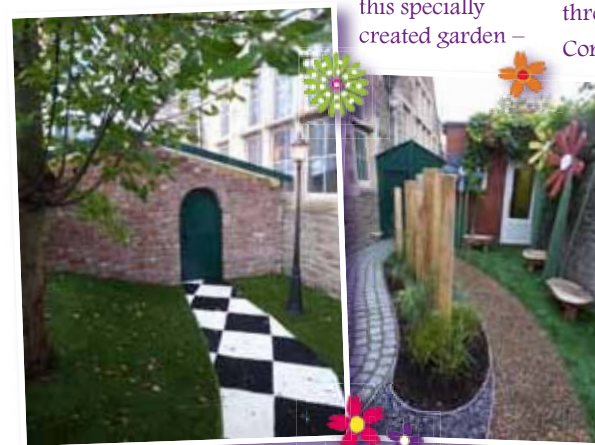
Bishopston Matters was delighted to be invited to the opening of this special space, that will serve not only the current 800 pupils but thousands more over the years to come.

Head teacher Mrs Powe gave an inspiring speech before cutting the ribbon and inviting us to enter one of the enticing green doors.

She spoke of the wonderful teamwork between the school PTFA, staff and Different by Design, who created and installed the garden. The delivery of this project is testament to the special community of people we live in, who keep on fighting despite the many obstacles they encounter.

Mrs Powe said the garden was a great example of a project that was worth investing time and effort into, a great life lesson for the pupils that the best things in life are worth hard-work and fighting for. She was clearly enthusiastic and excited that

this specially created garden –



filled with sculptures, installations, textures, and planting to inspire the senses and celebrate the joy of storytelling – was a true reflection of the school's love of books, reading and creativity.



Left to Right: PTFA Rhiannon Benson, Head teacher Mrs Powe, Governor John St Leger & Parent/Gardener Jenny Sanderson

I particularly enjoyed the chequer board pathway, home to a child-size street lamp, and leading you to a doorway that, when you step through, reveals a wonderful undercover reading room, with bean bags and a giant wooden throne for the storyteller.

Congratulations to the Bishop Road PTFA for raising the £25,000 needed to deliver this truly magical, bespoke garden, which I have no doubt will inspire the imagination of young minds of several generations to come. As many of the parents told me – a lot of cakes have been made, jumble sales given and fireworks let off to raise the needed funds.

PTFA member, Rhiannon Benson sums up the achievement brilliantly, "This Story Garden is as perfect as it can be, a grotty yard has been transformed into a golden space for all."

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News from the Friends of Horfield Common

FoHC volunteers win 'Outstanding' RHS 'It's Your Neighbourhood' Awards!

The RHS 'It's Your Neighbourhood' (IYN) campaign aims to promote and support community groups in greening up their immediate local environment – whether that's the street they live in, or a small patch of communal land needing a revamp. More than 1,600 groups take part around the UK and FoHC is very proud to be one of them.

Earlier in the summer, FoHC received a visit from our 2017 IYN assessor, who talked to FoHC volunteers about the work that they have done over the last year in the café gardens at the Ardagh, viewed the planting and discussed the sorts of activities that the group undertake, and all things planting!

The RHS awards ceremony took place this year at Ashton Gate Stadium on the evening of Monday 9 October. FoHC gardening group volunteers were delighted to be presented with an outstanding award for their work by the Lord Mayor in front of an audience of volunteers, groups, businesses and individuals from across Bristol, who are all making the city greener through planting. There were some brilliant displays –

including gardens on boats and lots of inspirational activity, which was great to be part of. The award was accompanied by feedback from the assessor which described the group's work as inspirational (well done all!) and provided some suggestions as to how the gardens might be further developed over the coming years.

The café gardens look fantastic and bring pleasure to lots of people. Visitors to the common frequently comment on the colourful, cheery and vibrant planting and we are very lucky to have such a committed team of volunteers taking so much care of, and developing the gardens for the benefit of everyone who enjoys them – thank you! Until the café opened in May 2015 the external yard area that it occupies at the Ardagh was derelict and full of junk. The transformation of this space into such a wonderful community facility has helped to encourage increasing numbers of people to spend time in the park and to enjoy the wonderful facilities that we are lucky to have on the common. Volunteers are already making plans for work on the gardens over the next year and are determined to keep up the fantastic work that has led to this great award. It's lovely for our volunteers to have their work acknowledged & recognised – well done all!



Volunteers Manas & Fiona collecting FoHC's RHS 'It's Your Neighbourhood' Award from the Lord Mayor of Bristol at an awards ceremony

News from 106th Bishopston Brownies

This month 106th Brownies tried out a DIY activity from the new Brownie programme, which will be officially launched next year. They used hammers and nails to turn humble potatoes into works of art, such as these potato people!

The Brownies meet at St Bonaventure's Parish Hall in Bishopston and are looking for new adult helpers to join their leadership team. If you are interested in helping out or becoming a leader, either at this unit, or at one of our other Brownie units in Bishopston, Horfield, Henleaze or Ashley Down, please contact Brownie leader, Sharon at – nwbristolbrownies@gmail.com.



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Local History Matters

Some Horfield Cottages

BHA local history research –
text by Denis Wright ©. Images Andy Buchan ©

In June 1655, Thomas Wade, a copyhold tenant of Horfield manor, was granted licence to live elsewhere, having found a fit (i.e. capable) person to rent his farm and farmstead 'for the terme of seaven yeares from the feast of St John the Baptist (June 24th) next ensuing'. Thomas Wade, or any other copyholder entering such an agreement, also committed himself to 'repayre the houses pay the rents and performe and do all other duties customes & services due and payable for the said premisses', as outlined in the Customs of Horfield Manor.

Sometimes, copyholders tried to shrug off responsibility for paying their dues, as for example, in a presentment of 1776 – *that the house now belonging to the Widow Pye within this Manor and rented by George Davis wants a new Window frame in the Kitchen, a new Lintern over the Kitchen door and a new Lintern over the Barn door and some Tiling on the Barn.*

Two other cases were presented at the same court, one by Widow Townsend and the other a second property by Widow Pye. The verdict for all three (tithe nos. 109, 17 and 112, respectively) was that each widow should carry out repairs to her copyhold(s) by Lady Day (March 25th).

Sometimes, people took matters into their own hands. In 1804, William Thomas – *erected a Cottage in a Lane from the Church between late Attwood Estate leading to an Estate late Townends and the Bailiff is hereby directed to give the said William Thomas, notice to remove the said Cottage and Building as an Infringement on the Liberties of the said Manor.*

The 'lane from the church' was part of an abandoned highway (tithe no.91) which William Thomas had appropriated for his own use. In spite of the threats, no-one removed 'the said Cottage' and in 1809 the lane was further 'inclosed by William Matthews to the prejudice of the Copyholders'. There may have been sympathy for the Thomas/Matthews cause, and some may have seen the building of a cottage on 'the Waste belonging to the said Lord of the Manor' in 1794 as a benign precedent. Other cottages were built in Horfield at about the same time: the cottage in three parts (tithe no.177abc) occupied by Young, Vickery, and George Thomas, and Eleonor Sanders' Ship alehouse (tithe no.183), Thomas Book's cottage, (tithe no.95), at the head of Ashley lane, was irrelevant, since it was owned, not by the Lord of the Manor, but by the Bristol Turnpike Trust.

By 1817, a different kind of conflict over land use in Horfield had begun to emerge – *the hedge of the northern side of a Close of Land parcel of the Copyhold of David Davis one of the Copyholders of this Manor is prostrated and the ditch thereof nearly filled up the pathway between the said Close and Mr Lamberts garden wall laid open to the tread of cattle whereby the same is rendered founderous and the said wall much endangered at the foundation. It is hereby ordered that the said David Davis do cause a proper fence to be made between the said Close and footway before 25th day of March next.*

The ditch ran between Lambert's gentrified acre (tithe no.62) and Davis's Allhays (tithe no 61). In all the circumstances, particularly the potential danger to life, the verdict of erecting 'a proper fence' by Davis seems to have been the right one.



HBC at 125 – how the church was built in Horfield

Horfield Baptist Church (HBC) enjoys its 125th anniversary this year, although it hasn't always been in the same place throughout those years. How it got to be where it is today – the familiar two towered church building on Gloucester Road – is an interesting story.

1882 – It began when a group from Broadmead Baptist Church decided to set up a "mission room" in Horfield. £7 and 10 shillings was donated to the project along with the "loan of a harmonium". A house in Thornleigh Road was rented and the seed of the church sown.

1889 – A rapid growth in numbers and activities saw the need for a new home and the church erected an iron building, "the Tin Tabernacle", on Gloucester Road. Many contributed to the cost, including "five shillings from the children of Number 5 Orphan House, Ashley Down".

1895 – A more permanent building for the church was decided upon and a chapel on Brynland Avenue built. Only three years later, plans were laid and fundraising commenced for what is now the current church on Gloucester Road.

1900 – The church's foundation stone was laid and the first service held there in 1901.

1919 – The decision was taken that new Memorial Buildings should be built next to the church in "memory of the church members who had served and those who had fallen in the Great War". The building opened in **1922**. The Memorial Buildings were for the use of the church's "school, institute and brotherhood". They still provide a well-used home for church activities and rooms for community use, and most noticeably they house the church's Fresh Ground Café. Look out for the 1921 foundation stone near the café door with the famous name Lloyd George (it was laid by the Prime Minister's wife, Dame Margaret) and step inside to try the present-day coffee and cake!

The church plans a celebration event for its anniversary on Sunday 3 December – more details to follow. You would be very welcome and we hope you can come along to be part of our continuing story. www.horfieldbaptist.net



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Bringing you the latest news from St Bonaventure's

I would like to warmly welcome you to St Bonaventure's Church. We are hidden away in Bishopston so you might not know about us but we're very much here and would love you to come in and get involved with our wonderful church community.

We have some great events coming up, including our **Parish Quiz Night on 17 November 2017**. Last year it was a hotly contested night with plenty of laughs, a quiz round which involved eating crisps to identify their flavour and plenty of wine, beer and soft drinks. Please contact the Parish Office (details below) if you would like to put in a team (£10 per team, maximum 6 per team).

We now have an amazing new website, which is crammed full of information so please do check it out at www.stbonsbristol.co.uk. You can also subscribe to our e-Newsletter via the website to keep up-to-date with what's happening.

We would also love you to join us for our **Family Christmas Nativity on Saturday 16 December 2017 at 3pm**. This is a chance for children to dress up in Nativity costumes and come along and be part of our Nativity play—no audition necessary, all are very welcome. It is a beautiful service, full of joy and Christmas spirit. Afterwards, we'll be serving mulled wine, soft drinks and mince pies and there's a prize for the best costume!

We will of course also be holding our usual Masses over Christmas and all the details will be on our website very shortly. Find us at www.stbonsbristol.co.uk. We would love to see you!

With very best wishes,

Fr Tom

St Bonaventure's Catholic Church, Egerton Road, Bishopston, BS7 8HP (car park at the junction of Kings Drive/Berkeley Road)

Tel: 0117 9424448

Email: bristol.stbonaventure@parish.cliftondiocese.com

www.stbonsbristol.co.uk



St Bonaventure's Catholic Church and Bristol Spaceworks Supporting the Community and Local Business Together

An exciting new partnership has been formed between St Bonaventure's RC Church (St Bon's) and Bristol Spaceworks to run a new Business Centre in the heart of Bishopston.

The site of the Business Centre was formerly a social club built in 1963 and was a well-frequented venue with some very popular bands playing there. The club fell into disrepair in 2015 and was closed, creating a burden for St Bon's, who owns the building.

Thanks to a forward-thinking new Parish Priest, Fr Tom Smith, and a highly motivated and dedicated group of parishioners, a new plan was formulated – that the building would be an asset to the Bishopston community once again and provide a much-needed income for the church.

St Bon's Church and Friary were built in 1900 and are large, impressive buildings with maintenance budgets to match. The closed social club was a drain on precious resources, so Fr Tom appealed to the parishioners and was able to crowd fund the money needed to convert it into a modern business centre.

One of the parishioners, Tony Nelson, runs his own company project managing commercial refurbishments and large office moves. Tony



Matt & Fr Tom in the new Business Centre

volunteered significant amounts of time and energy into overseeing the amazing transformation, even laying the carpet tiles himself to reduce costs.

Fr Tom approached Bristol Spaceworks through a mutual contact to manage the business centre and let the fully furnished office spaces. Bristol Spaceworks is a not-for-profit company established in 1985, which owns and manages four business centres in Bristol. They rent office space, warehouses and art studios on flexible agreements with the aim of stimulating employment. As well as reinvesting any profits into the upkeep of the buildings, the company has donated to several local charitable causes.

Fr Tom Smith said, "This is an exciting project; it is the result of the hard work of many people and the generosity and support of many of our parishioners. The offices are of a high quality and I hope it will become the go-to business space for Bishopston."

Matt Johnstone, Bristol Spaceworks' Chief Executive said, "We have always operated in the heart of diverse communities. The opportunity to work with Fr Tom and his team at St Bon's was an exciting new challenge. It fits well with our ethos of working in the community, to provide professionally run workspaces, which help people develop and grow their business. Fr Tom, Tony and the rest of parishioners have created a really modern business centre with potential for future expansion on the same site."

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News from our Bishopston & Redland Councillors

Bishopston Ward News

Allen House – You may have seen in the news that one of the converted Muller Orphanages, Allen House, had to be evacuated in mid-September after the partial collapse of the first floor. After a structural assessment almost all of the residents were able to return, with remedial work underway. Happily, no-one was injured in the incident. The residents we've spoken to have all expressed their gratitude for the professional, timely and effective response from the agencies involved; the Fire and Rescue Service, Council, Police and the Red Cross.

Community Partnership –

The new Bishopston, Cotham and Redland Community Partnership is looking for volunteers. We are particularly in need of people interested in taking on roles concerned with charring, administration, equalities, social media, communications and events. Whatever you can offer, be it one of these or something else, we would be happy to have you involved – you can either get in touch with one of us or find out more on the website: <http://www.bcrmp.org.uk/>

North Bristol Arts Trail –

The wonderful North Bristol Arts trail will be happening again, 25–26 November. You can find out more and see the route at their website: www.northbristolartists.org.uk/

Parcels of Comfort Exhibition –

We're looking forward to seeing the Parcels of Comfort exhibition at the Bishopston Library this month. It's an exhibition of textiles and mixed media, showing the importance and exchange of parcels during the First World War, and is on until 25 November.

Your Neighbourhood Consultation –

Thank you to all those who took part in the recent Your Neighbourhood Consultation. The consultation was looking at how the council can continue to provide services in light of government cuts, and included Bristol Community Links, libraries, public toilets, school crossing patrols and the withdrawal of Neighbourhood Partnership funding. The results can be viewed here: <http://bristol.gov.uk/yourneighbourhood> Decisions on how the council will be delivering these services in the future will be announced later in 2017 or in early 2018.

Please do get in touch

Tom Brook, Labour Party

Cllr.Tom.Brook@bristol.gov.uk / 07584 370425

Eleanor Combley, Green Party

Cllr.Eleanor.Combley@bristol.gov.uk / 07584 370427

Redland ward news

Air quality update –

Many local people have taken an interest in recent Bishopston Society events focussed on air quality, in spring and this autumn. We've been delighted to take part in these in various capacities.

Somewhat frustratingly, the council's plans to continue with a feasibility study into what measures will bring our air quality up to legal standards have been thwarted by a government direction issued in late summer. Fortunately for us, the lawyers Client Earth (who forced the government to take action) spotted that we had used cost as a criterion in selecting potential options, which in the direction government stipulated was not allowable. Officers are now negotiating with government what costs they mean (social, local health?) and also clarifying other matters such as the area of Bristol which doesn't meet legal standards. Government's assessment is rather different from the council's! We'll keep you posted but meanwhile do look out for ways to get involved in the local air quality debate and consider how you can help prevent pollution as Gloucester Road and the main routes in the city are corridors that affect local health.

Residents parking –

Unfortunately, at the time of writing there is still no clear procedure by which new Residents Parking Schemes can be initiated. We know that not everyone is a fan, but there are increasing numbers of residents from various parts of our ward contacting us asking for a scheme to be installed in their street. We are pressing for clarification, but until we know what process the Highways department is adopting, we are somewhat hamstrung. Do keep in touch with any comments or opinions on the matter. The Mayor has said any scheme has to have high levels of support, and projects cannot be piecemeal extensions of the RPS. We'll report more when we know what this means.

Food waste –

Did you know that the most significant recyclable item in people's black bins is food waste? There's

still far too much of the stuff going into the fortnightly residual waste bins, causing nasty whiffs and of course costing the council precious money to dispose of. Fi had the absolute pleasure of visiting Geneco in Avonmouth recently, where along with the waste of 1 million people's toilets, all our food waste is processed into valuable bio methane, farming compost and electricity generation. Nothing is wasted! Bristol Waste will be launching a campaign soon to encourage residents to keep their food waste out of their black bins. Other initiatives are also in the pipeline to help people reduce the amount of food waste created in the first place. Meanwhile Martin has a petition live on the council website collecting signatures calling for the council to tackle single use disposable plastics. Look for the petitions page (see http://epetitions.bristol.gov.uk/epetition_core/view/plasticsban) and sign it if you'd like to see more done to get rid of plastic waste.

Changes to Neighbourhood arrangements and funding –

We've reported before how the demise of Neighbourhood Partnerships means we're supporting community efforts to keep local initiatives running in our area, like tackling flytipping, graffiti, and supporting local projects. Do get in touch with the steering group at info@bcrmp.org.uk to help if you can.

But local projects need funding too. Up to now each NP area (usually 3 wards, like Bishopston, Cotham and Redland) has been allowed to keep 15% of the compulsory funds from developers in the area called Community Infrastructure Levy (CIL). The other 85% is kept by the Mayor for projects like the Arena. Now there's a proposal – following the recent consultations about neighbourhoods – to increase the size of the areas allocated the 15%. This may become a 6-ward area stretching from our ward as far as Brentry and Southmead. We have concerns about how local input through meetings and committees will work in future as this could affect how the funds get used to deal with impacts from the developments that take place.

Please do get in touch

Fi Hance, Green Party - Cabinet member

Cllr.fi.hance@bristol.gov.uk / 07833 484346

Martin Fodor, Green Party - Cllr.martin.fodor@bristol.gov.uk / 07884 726101



Did you know that in the First World War the British Army considered delivering letters and parcels to the Front as important as delivering rations and ammunition?



Bishopston Library will be hosting the touring exhibition of Parcels of Comfort, from now to 25 November. The exhibition includes textile parcels, appliqué, embroidery, printmaking and knitting. The parcels replicate the ones that were sent to the front line in WW1 by friends and family.

All the sewing and knitting has been done by hand to create an empathy with that era. The subject has been carefully researched including using the names of real soldiers featured in the *We Have Our Lives* and in the book *Letters From the Trenches* by local author Jacqueline Wadsworth.

Bristol Artists Sally Stanley, Paula New, Jane Marie-Mahy, Lucy Saunders and Jane Kay have used mixed media to recreate the atmosphere of the time, including knitting from original wartime patterns. In addition, GCSE Textile students from Cotham School have helped to represent some of the other items in the parcels.

Bishopston Library opening hours:

Monday: 1–7pm • Tuesday: closed Wednesday–Saturday: 11am – 5pm • Sunday: closed

Bishopston Library, 100 Gloucester Road, BS7 8BN • Tel: 0117 357 6220

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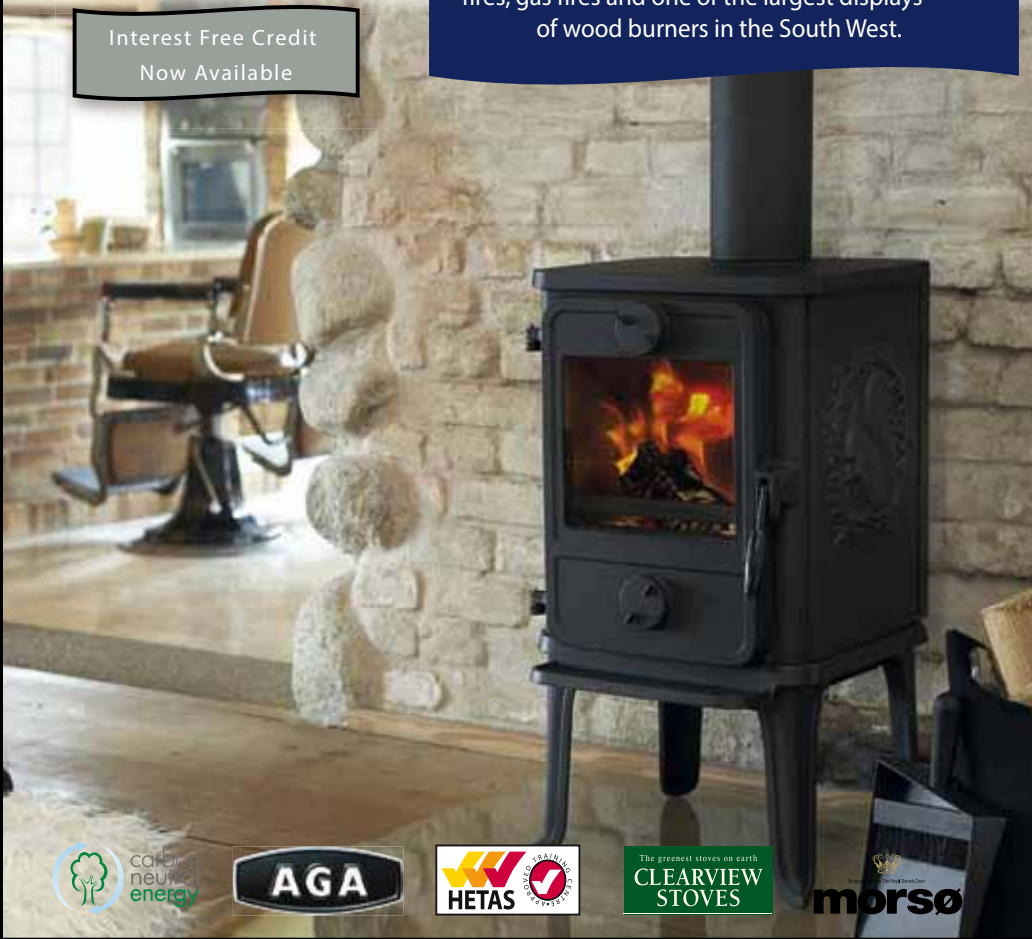


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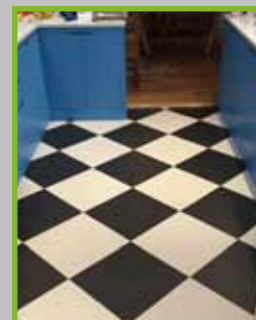


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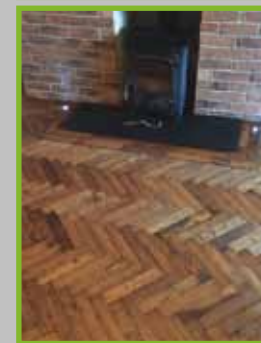
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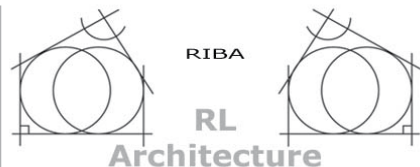
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Bishopston, Horfield & Ashley Down Local History Society

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Saturday 18th November

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Rupert Higgins, Avon Wildlife Trust
(Members collect Group Seed Order forms)

£3 Visitors, £1 AOG members, Teas etc included.

email: secretaryaog@gmail.com
www.groworganicbristol.org

Coffee Morning and Craft Sale
in aid of Cancer Research UK

**Saturday 25th November 10.15am -
12.45pm at Horfield Parish Church
hall, Wellington Hill, Horfield.**

Refreshments, including home-made cakes and
biscuits. Craft stalls - gifts for the home, friends
and family. Christmas cards and decorations.
Cake stall and book stall.

For further details contact
Lyn Jenkins on 0117 3300792

Sefton Park's annual Christmas
Tree Sale is on Saturday 9
December, 9am - 12

This market has long been an ideal place to pick up
interesting Christmas gifts. The stall holders are local, artisan
producers and crafts people. Their wide ranging talents
include producing home wares, original artwork, jewellery,
decorations and
clothing alongside some
delicious treats.

The school hosts two full
halls of stalls as well as
food producers located
in the front playground.
You'll be spoilt for
choice for gifts for every
member of the family!

Come along for an
evening of shopping,
then relax with a glass of
mulled wine and a mince
pie. Doesn't that sound
better than a stressful
trip to Cribbs?

BISHOPSTON CHRISTMAS MARKET
Thursday 7th December 7:15pm to 10pm
Bishop Road Primary School
Entry £2, over 12's only



Community News/Events...

North Bristol Community Project is a local charity which aims to promote well-being through education, leisure and volunteer opportunities.

Mondays – Join their Sewing (for employability) course; 10am–12pm, &/or improve your English at our Lunch Club course; 12–2pm.

Thursdays – drop-in to their Sewing Workshop from 10am–12pm, to improve your English at Lunch Club from 12–2pm, &/or our Confidence with Computers IT group from 2–3.30pm.

Costs for courses; Asylum seekers/refugees/benefit recipients free. Drop-in prices vary, concessions available. For more information visit 160 Gloucester Road, BS7 8NT, email: nbcps84@gmail.com, or call 07742 377799 (open Mon-Fri 10am–4pm).

Lockleaze & Horfield Strollers – This local group walks fortnightly on a Tuesday morning with numbers of around 15. If you would like more information on this or any of the Bristol Walking for Health groups or to complete the short health questionnaire, please contact – healthwalks@bristol.gov.uk or Saliha Ahmed, Engagement Worker, call: 0117 914 1129 (Tuesday–Friday).

Tuesday 7 November Blaise circuit. Meet at Horfield Leisure Centre 10.00 (bus 76 to Crow Lane). Walking up to Henbury Church and through Blaise Estate to the Stratford Mill and back to café for coffee. Leader: Stuart.

Tuesday 21 November Holburne Museum. Meet at Bus station 9.50 (Bus X39 @ 10:06 to Bath). A walk along the Kennet and Avon canal to the Holburne Museum and back. Leader: Stuart.

New show for children launches this Autumn –

Dice Tales – The Improvised Story Show, will take children aged 5 to 12 on an adventure made not only for them but by them

as well. How will they do this? How will these stories unfold? Why, on the roll of a dice, of course! As each dice falls, they decide the who, the where and the what on earth will happen next!

Performers from established family favourites, Monkey Trousers Theatre, have joined together with experienced improvisers from Closer Each Day company and Degrees of Error, the resident company of the Bristol Improv Theatre, to form this

exciting new ensemble. Dice Tales is performed by Peter Baker, Rachael Lane and Charlotte Whitten.

Performances are 10.30am and 11.30am on Sunday 5 November and Sunday 3 December 2017 at the Kelvin Players Studio, 253b Gloucester Road, Bishopston, BS7 8NY. Tickets are £6 each for ages 5 and above or £20 for a family ticket for four people. Tickets are available online through the Dice Tales box office: <http://buytickets.at/dicetales> from 5 October. For more information and ticket updates, go to the Facebook page www.facebook.com/dicetalesshow

The Bristol Santa run is back!

Children's Hospice South West (CHSW) is excited to announce the return of its popular Santas on the Run event on 10

December! The 2k fun run which all of the family can take part – including the dog! Is the perfect way to celebrate the festive season. Join thousands of others running, jogging, walking or dancing round the harbourside and city centre in their Santa suits, which are provided by the charity.

Last year over 2,200 people descended upon the city having raised £60k in sponsorship, which went directly to helping the charity fund the services of its local hospice, Charlton Farm.

To sign up to Santas on the Run, visit www.chsw.org.uk/santasbristol or <https://www.facebook.com/events/1416515515068923/>.

Charade Drama presents Worlds Apart – three one-act plays (*Any Other Tuesday* by Kathy Mead, *The Final Movement* by Brian J Burton, *Ghost Night* by John Grange & Peter Vincent). A Park Bench, a Concert Hall Ante-Room, a Haunted House, each is the setting for a strange tale of Worlds Apart with an unexpected twist. Thursday 23 to Saturday 25 November, 7.30pm. Westbury-on-Trym Methodist Church Hall, Westbury Hill. Large car park next door. Tickets: Adult £7, Conc. £6, Child £5. Box Office 0117 9508488 or On-the-Door.

Bristol Child Contact Centre in Henleaze is recruiting new volunteers! At the Centre, children of all ages spend time with the parent they no longer live with, in a session supported by our volunteers.

Many of the 'contact parents' are fathers, so we would especially welcome more men to join us.

If this appeals to you, and you'd be free to join our Saturday volunteer rota every 4-6 weeks for a few hours, do get in touch for further details. Visit: www.bristolchildcontactcentre.org.uk. and/or ring Monika on 07511 290505 for informal chat or email: info@bristolchildcontactcentre.org.uk



Alchemy 17 Exhibition –

A contemporary ceramics exhibition by sixteen artists from Maze Studios, featuring a number of local artists. Enjoy the display from 18 – 26 November 2017, at PRSC The Space, Stokes Croft, BS2

8JP. This exciting exhibition showcases a diverse collection of work celebrating the creativity of this group of 16 ceramic artists. Brought together by a passion for making and exploring the properties of clay, each artist's work has a unique identity. The exhibition will include sculptural and functional pieces and is open Mon – Sat 11am to 6pm, Sunday 11am to 4pm. www.mazestudiosbristol.com



Carers Rights Day

is a national celebration of carers that takes place on Friday 24 November. The day helps carers in their local community know their rights and find out how to get the help and support they are entitled to.

Local charity Carers Support Centre is holding a free event in Fishponds between 10.30am and 1.30pm on Friday 24 November. This open meeting for carers will include information on accessing direct payments and carers assessments. There will also be an opportunity to learn more about mindfulness and view information stalls from various local organisations.

For further information or to book your free place contact Dennis Agodzo: 0117 958 9902 dennisa@carerssupportcentre.org.uk www.carerssupportcentre.org.uk.



In Remembrance with Bristol

Bach Choir takes place on Saturday 11 November 2017, 7.30pm at St Mary Redcliffe, Bristol BS1 6RA. Tickets cost between £10-20 (£5 for under 25s subject to availability) and are available online at bristolbach.org.uk/tickets.php or by phoning 0117 214 0721 or emailing tickets@bristolbach.org.uk

Bartholomites walk for charity

– On Saturday 23 September, several members of the local pantomime group *Bartholomites*, took part in a memory walk



around Bristol harbourside. Between them they raised over £1,000 for The Alzheimer's Society, a charity close to their hearts after the recent loss of an ex-member. They would like to say a huge thank you to everyone who donated and supported this.

Scrap Store Events – Make, Play, Do - Me & Macrame. Macrame is making a comeback! A session to explore basic techniques and give you the opportunity to take home a finished product. With Maggie Wilson. Wednesday 8 November, 6.30–8.30pm, £8 + material costs.

Make, Play, Do – Wreath-making. Make a wreath that can be re-used year after year—out of re-used scrap! Some natural materials available as well, so feel free to bring garden cutting to incorporate and share. With Rachel Shelley. Wednesday 13 December, 6.30–8.30pm, £8 + material costs. Adults and young people welcome to part in both sessions. Book online at: <http://childrensscrapstore.simplybook.it/v2/>

Glos.Vox Community Choir practise at Horfield Baptist Church, on Gloucester Road. The choir learn their music by ear making it accessible to everyone. It is open to all, with no auditions held. It covers a wide variety of music genres including folk, world and contemporary. As Christmas approaches, they will be working on Christmas songs and carols. The choir are happy and fun loving. They create a sense of community and a love for singing. Glos.Vox meet on Wednesdays 7–9pm (term time only) at Horfield Baptist Church – Room 1, BS7 8NY. £5 p/wk paid termly or £7 PAYG. For more information mail – glosvoxchoir@aol.co.uk or see – www.glosvox.com

Christmas Concert – 13 December, Details tbc, free entry, donation bucket on door, 8pm start.

Christmas Gigs – 2 December – Carol singing outside Nailsea Electrical for GRBID, **7 December** – Glos Road Central Christmas Street Party, Glos.Vox along with the Folk House Choir will be performing outside Room 212 at 7pm. **13 December** – End of term Christmas Concert, Inn on the Green, free entry, donations bucket on door, 8pm start. **16 December** – Gloucester Road Library, 3pm, **23 December** – Hippodrome, Glos.Vox, along with The Folk House choir will be performing from 5–7pm, between panto performances.

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